

## JPA Menu for October 2024

### Breakfast All Weeks

Menu Item / Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Grain</b>	Cheerios	Cinnamon Chex	Corn Flakes	Corn Chex	Honey Scooter	1 oz bowls
<b>Fruit</b>	Diced Peaches	Banana	Mandarin Cup	Raisin	Apple	Min 1/2 cup a day
<b>Drink</b>	Low Fat or No Fat Milk	Low Fat or No Fat Milk	Low Fat or No Fat Milk	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day

### October Lunch Menu

October	30	1	2	3	4		
<b>Grain</b>	Rice	Alex's Pizza	Baked Ziti	No School- Rosh Hashana	No School- Rosh Hashana	Min 1 oz a day	
<b>Meat/Meat Alternate</b>	Chicken					Min 1.5 oz a day	
<b>Vegetable</b>	Green Beans	Chickpea Salad	Cucumbers/Pepper			Min 1/4 cup a day	
<b>Fruit</b>	Grapes	Apple	Cantaloupe			Min 1/4 cup a day	
<b>Drink</b>	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk			6 oz per day	
October	7	8	9	10	11		
<b>Grain</b>	WW Bread	WW Bread Cheese Sandwich	WW Pasta	WW Cheese Lasagna	No Lunch - Early Dismissal 11:45	Min 1 oz a day	
<b>Meat/Meat Alternate</b>	Fish Sticks+Slice of Cheese		Meat Sauce			Min 1.5 oz a day	
<b>Vegetable</b>	Fries	Cucumbers/Pepper	Cucumbers/Pepper			Cucumbers/Pepper	Min 1/4 cup a day
<b>Fruit</b>	Grapes	Apple	Honeydew			Cantaloupe	Min 1/4 cup a day
<b>Drink</b>	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice			Low Fat or No Fat Milk	6 oz per day
October	14	15	16	17	18		
<b>Grain</b>	Rice	Alex's Pizza	Baked Ziti	No School- Sukkot	No School- Sukkot	Min 1 oz a day	
<b>Meat/Meat Alternate</b>	Chicken					Min 1.5 oz a day	
<b>Vegetable</b>	Green Beans	Chickpea Salad	Cucumbers/Pepper			Min 1/4 cup a day	
<b>Fruit</b>	Grapes	Apple	Cantaloupe			Min 1/4 cup a day	
<b>Drink</b>	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk			6 oz per day	
October	21	22	23	24	25		
<b>Grain</b>	WW Cheese Lasagna	WW Bread Cheese Sandwich	Roast	No School- Simchat Torah	No School- Simchat Torah	Min 1 oz a day	
<b>Meat/Meat Alternate</b>			Cucumbers/Pepper			Rice	Min 1.5 oz a day
<b>Vegetable</b>	Cucumbers/Pepper	Cucumbers/Pepper	Green Beans			Min 1/4 cup a day	
<b>Fruit</b>	Cantaloupe	Apple	100% Apple Juice			Min 1/4 cup a day	
<b>Drink</b>	Low Fat or No Fat Milk	Low Fat or No Fat Milk				6 oz per day	
October	28	29	30	31	1		
<b>Grain</b>	Rice	Alex's Pizza	WW Burger Bun	Baked Ziti	Half Challah Roll	Min 1 oz a day	
<b>Meat/Meat Alternate</b>	Chicken		Burger		American Cheese or Peanut Butter	Min 1.5 oz a day	
<b>Vegetable</b>	Green Beans	Chickpea Salad	Fries	Cucumbers/Pepper	Cucumbers/Pepper	Min 1/4 cup a day	
<b>Fruit</b>	Grapes	Apple	Pineapple	Cantaloupe	Watermelon	Min 1/4 cup a day	
<b>Drink</b>	100% Apple Juice	Low Fat or No Fat Milk	100% Apple Juice	Low Fat or No Fat Milk	Low Fat or No Fat Milk	6 oz per day	

\*Reminder: Please do not send dairy snacks/food on days when chicken/meat is served.

This institution is an equal opportunity provider and employer.